

# Tai-Chi



*Tai Chi is a form of traditional Chinese mind/body exercise and meditation that uses slow sets of body movements and controlled breathing. Tai chi is done to improve balance, flexibility, muscle strength and overall health*

\*\*\* Please wear proper clothing and sneakers. All levels are welcome\*\*\*  
Exercise at your own pace in a non-competitive atmosphere.

**Instructor, Barry Galitzer** has been involved in martial arts for over 35 years. He studied Goju Ryu and Isshin Shorinji Ryu karate, and received a black belt in Isshin Shorinji Karate. His studies in Tai Chi and Chi Kung started in 1993. He has been teaching Tai Chi since 2003 at various establishments. Mr. Galitzer also instructs private clients suffering from physical impairments.

## **Monday Evenings / Time: 7:00pm-8:00pm**

(Location: Municipal Building Community Room)

### **2012 SESSION DATES:**

**SESSION #1:** January 30 – April 2. (No class 2/13, 2/20) Fee: \$40

**SESSION #2:** April 9 – June 4 (No class May 28) Fee: \$40

**SESSION #3:** June 11 – July 30. Fee: \$40

**SESSION #4:** August 6 – October 1. Fee: \$40

**Session dates may  
change due to weather  
or cancelations.**

*(Sessions are CONTINUOUS ... and 8 WEEKS in length unless otherwise noted).*

**Online Registration available at:**

[www.Westfieldnj.gov/Recreation](http://www.Westfieldnj.gov/Recreation). Click on "Register for Recreation Programs".

(Cut and mail form to Westfield Recreation Dept.)

PARTICIPANT NAME: \_\_\_\_\_ D.O.B. \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE #: \_\_\_\_\_ EMERG. #: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Please list any unusual Health Conditions: \_\_\_\_\_

**CHOOSE SESSION(S):** (Please check appropriate box) ✓

☐ **SESSION #1**      ☐ **SESSION #2**      ☐ **SESSION #3**      ☐ **SESSION #4**

FEE ENCLOSED: \$ \_\_\_\_\_ CHECK # \_\_\_\_\_ (Make payable to Westfield Recreation Dept.)

Mail registrations or stop by the Westfield Recreation Department ~ 425 East Broad Street ~ Municipal Building ~ Westfield  
Website: [www.westfieldnj.gov/recreation](http://www.westfieldnj.gov/recreation) ~ Office Phone: (908) 789-4080 ~ Office Hours: Mon-Fri. 8:30am-4:30pm.